



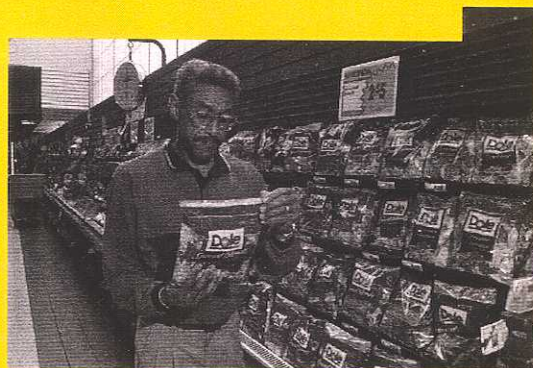
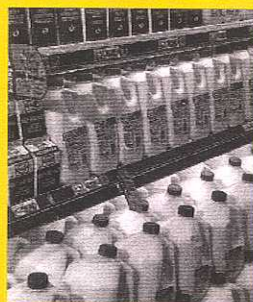
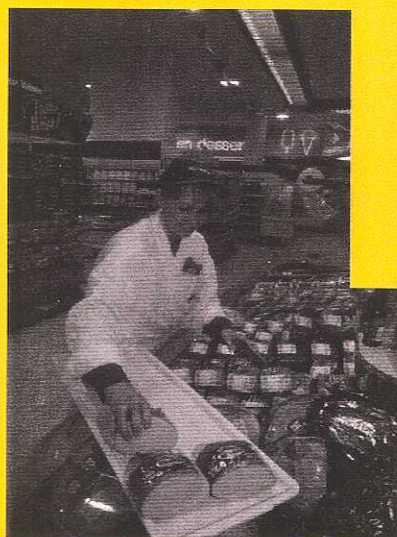
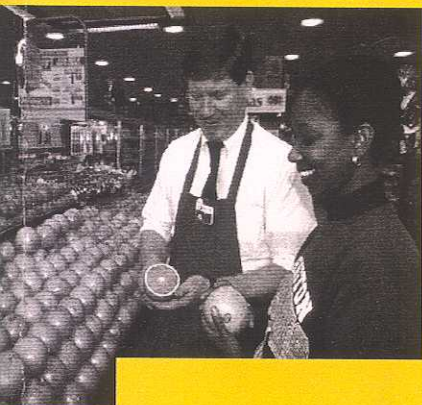
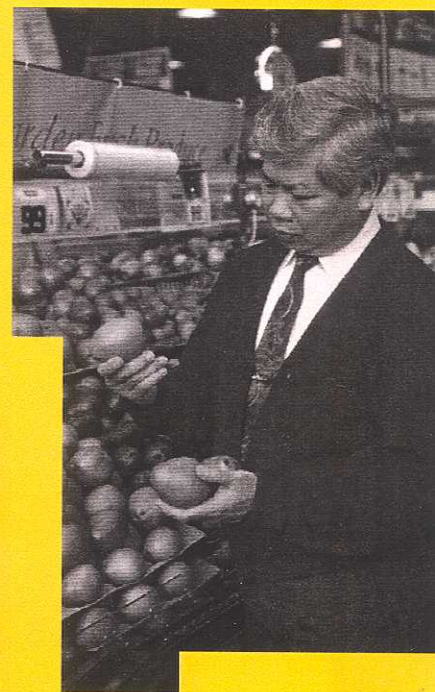
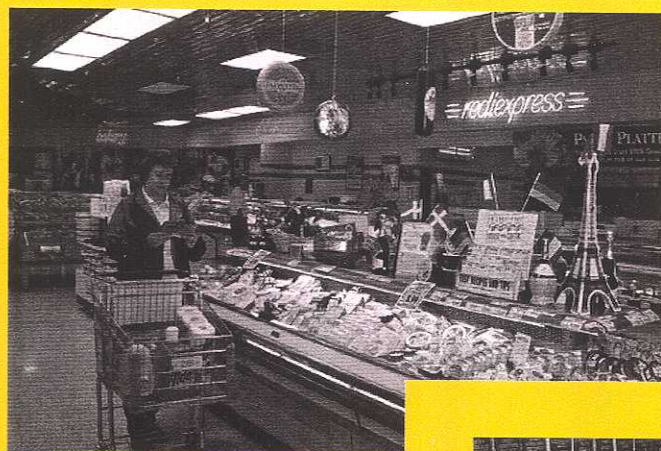
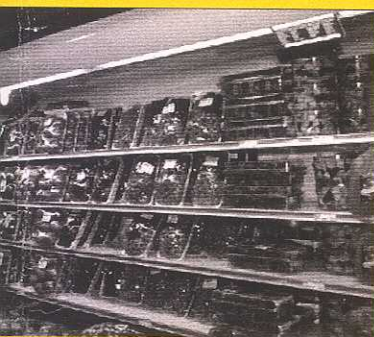
United States
Department of
Agriculture

Center for Nutrition
Policy and Promotion

CNPP-13

The Low-Cost, Moderate-Cost, and Liberal Food Plans

2003 Administrative Report



EXECUTIVE SUMMARY

The U.S. Department of Agriculture (USDA), Center for Nutrition Policy and Promotion (CNPP), with assistance from the USDA Economic Research Service and the USDA Food and Nutrition Service, has revised the market baskets of the Low-Cost, Moderate-Cost, and Liberal Food Plans. These revisions reflect current dietary recommendations, food consumption patterns, food composition data, food prices, and the cost levels of the previous plans.

The USDA's Low-Cost, Moderate-Cost, Liberal, and Thrifty Food Plans are maintained by CNPP. The value of the Thrifty Food Plan serves as the basis for food stamp allotments (U.S. Department of Agriculture [USDA], 1999). The Low-Cost, Moderate-Cost, and Liberal Food Plans are used for various purposes: Bankruptcy courts often use the value of the Low-Cost Food Plan to determine the portion of a bankrupt's income to allocate to necessary food expenses. The Department of Defense uses the value of the Moderate-Cost and Liberal Food Plans to set the Basic Allowance for Subsistence rate for all enlistees, while many divorce courts use the value of the USDA food plans to set alimony payments. All three of the plans are used in USDA's report *Expenditures on Children by Families*, which is used to set State child support guidelines and foster care payments.

The market baskets of the three food plans reported here specify the type and quantity of foods that people could consume at home to have a nutritious diet at various cost levels. And these food plans each have 12 market baskets—one for each of these 12 age-gender groups: *Children* ages 1, 2, 3-5, 6-8, and 9-11; *Females* ages 12-19, 20-50, and 51 and older; and *Males* ages 12-14, 15-19, 20-50, and 51 and older.

Development of the Food Plans

Data and Methods

CNPP used two main data sources to revise the market baskets of the food plans: USDA's 1989-91 Continuing Survey of Food Intakes by Individuals (CSFII) and the Food Price Database that was created by CNPP by merging foods from the CSFII with data on national food prices. The CSFII, administered to a nationally representative sample of households in the 48 coterminous States, assesses the food and nutrient intake by individuals both at home and away from home. One-day food intakes by 9,961 individuals ages 1 and over were used for this revision. In the 1989-91 CSFII, people were asked what foods they consumed in a day, at home as well as away from home. Information on the ingredients, nutrient content, and amount consumed of each of these foods is contained in the data set. CNPP placed the 4,800 different foods consumed into 44 food categories, used CSFII sampling weights that make the data representative of the U.S. population, and weighted all the data in this study.

The CSFII does not contain information on food prices or expenditures for foods consumed, information needed to assign a price to a market basket. Thus, CNPP developed a method to estimate the price of foods as consumed in the survey and created the Food Price Database. To do so, CNPP used information about national average food prices from several sources: the Scantrack system developed by A.C. Nielsen; the retail prices database from the Bureau of Labor Statistics, U.S. Department of Labor; wholesale prices for fresh produce from the Agricultural Marketing Service, USDA; and fish prices from the National Marine Fisheries Service, U.S. Department of Commerce. Because the USDA food plans provide the cost of eating at home, for purposes of calculating the cost, CNPP assumed that all the foods that people said they ate were prepared at home.

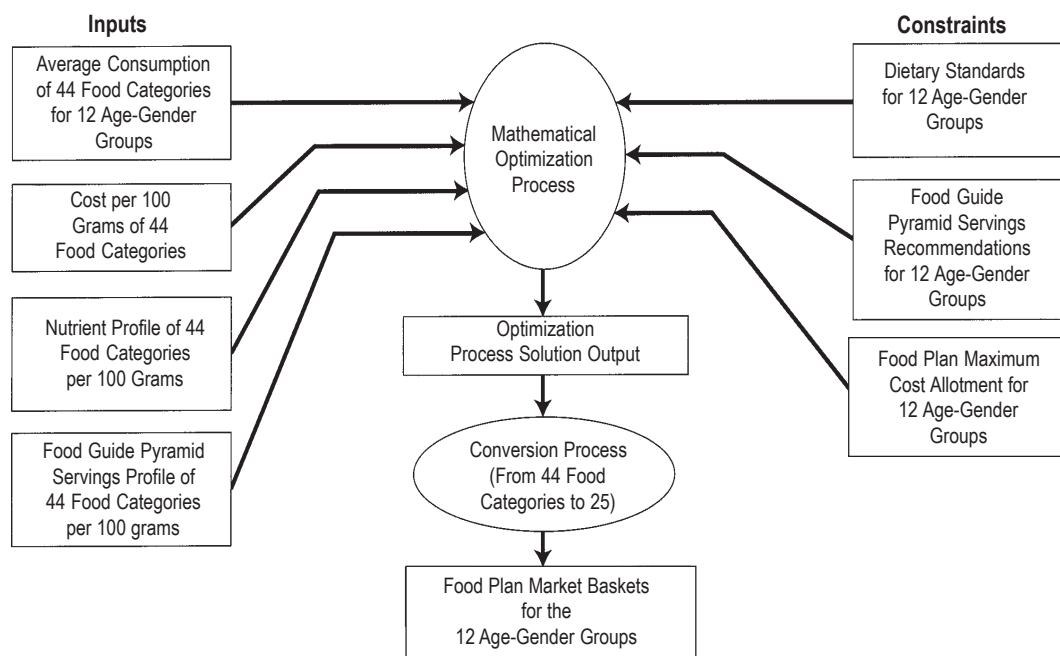
To calculate a market basket of each food plan for each of the 12 age-gender groups, CNPP used mathematical optimization models that minimize deviations from average consumption patterns for the 44 food categories and suggest new consumption patterns that meet required dietary standards and maintain constant cost levels. Each model consists of 4 sets of inputs and is subject to 3 constraints (fig. ES-1). The inputs relate to each of the 44 food categories and include average consumption, a price for each food category, a nutrient profile, and the servings profile of the *Food Guide Pyramid*. The constraints in each model are dietary standards—including serving specifications of the *Food Guide Pyramid*—and cost of the Low-Cost, Moderate-Cost, and Liberal Food Plans. (The costs are those for 1989-91 that correspond to the period when the food consumption data were calculated.) Thirty-six models were estimated: one for each of the three food plans for each of the 12 age-gender groups.

The Low-Cost, Moderate-Cost, and Liberal Food Plans have historically reflected, in quartiles of food spending, consumption patterns and eating habits. The value of the Low-Cost Plan corresponds to food consumption at the second quartile (25th to 50th percentile) of food expenditure; the value of the Moderate-Cost Plan, the third quartile (50th to 75th percentile) of food expenditure; and the value of the Liberal Plan, the upper quartile (75th to 100th percentile) of food expenditure. To create acceptable market baskets, the optimization model minimizes deviations from the food consumption habits of each age-gender group within each expenditure quartile. That is: the final market baskets are as close as possible to the original consumption habits, while still meeting nutrition and cost constraints.

Dietary Standards

The revised market baskets of the food plans incorporate updated knowledge of nutritional needs. Forming the basis of the market baskets are the 1989 Recommended Dietary Allowances (RDAs), the 1995 *Dietary Guidelines for Americans*, the National Research Council's *Diet and Health Report*, and the serving recommendations of the *Food Guide Pyramid*. The market basket for

Figure ES-1. Food Plan Methods



each age-gender group meets 100 percent or more of the group's RDAs for 15 essential nutrients—protein, vitamin A, vitamin E, vitamin C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, calcium, phosphorus, magnesium, iron, and zinc. Recommendations for sodium and dietary fiber were also used in the revised food plans. The RDA levels for each of these nutrients represent an amount sufficient to meet the needs of practically all healthy people in the group. Although the 2000 *Dietary Guidelines for Americans* and the Dietary Reference Intakes (DRIs) for macronutrients, vitamins, and minerals are now available, they were not finalized when USDA revised the Thrifty Food Plan. CNPP chose, therefore, to make the revisions of the Low-Cost, Moderate-Cost, and Liberal Food Plans consistent with those of the Thrifty Food Plan.

Recommendations for fat and saturated fat consumption for the revised market baskets were based on the 1995 *Dietary Guidelines for Americans*, which indicated that adults and children ages 5 and older consume no more than 30 percent of total food energy (calories) per day from total fat and less than 10 percent of calories per day from saturated fat. For children ages 2 to 5, the *Dietary Guidelines* recommended gradually reducing intake of total and saturated fat to no more than 30 percent (total fat) and less than 10 percent (saturated fat) of total calories per day by the time the child is about 5 years old. Although issued after this project was undertaken, the 2000 Guidelines are similar to those

of 1995. Recommendations for cholesterol and carbohydrate were based on the National Research Council's *Diet and Health Report*, which recommends that people, ages 2 and over, limit their daily intake of cholesterol to 300 milligrams or less and that all people consume 55 percent or more of calories per day from carbohydrate.

This revision of the market baskets of the Low-Cost, Moderate-Cost, and Liberal Food Plans is the first one to impose serving recommendations of the *Food Guide Pyramid* and parallels the revision of the market baskets of the Thrifty Food Plan. The Pyramid is important to this revision because it specifies the number of servings of the five major food groups (grains, vegetables, fruits, milk products, and meat/meat alternates) that people of different age-gender groups need to eat to have a healthful diet.

Cost Level

Cost was a primary constraint that needed to be met by the new market baskets; that is, none could cost more than the previous baskets. Accordingly, because 1989-91 consumption data underlie this revision, CNPP constrained the cost of each age-gender group's revised market basket to equal the average cost of its previous market basket in 1991 dollars. Thus the real value (cost) of the food plans was constant across the years. The cost of the market baskets is updated monthly by using the Consumer Price Index (CPI) for various food items.

CNPP considered other food-cost options. The costs of the previous Low-Cost, Moderate-Cost, and Liberal Food Plans were set at the midpoint of the respective 1977-78 quartiles of food spending for each age-gender group (USDA, 1983c). For example, the cost of the Low-Cost Plan for a male age 20-50 was set at the 37.5-percent level on the distribution of food spending (the midpoint of the 25th to 50th quartile) for a male in this age group. CNPP updated these costs with the CPI for various food items and examined the distribution of the estimated cost of food that people reported eating. The midpoints of the quartiles of this distribution of estimated food costs were similar to the published costs of the Low-Cost and Moderate-Cost Plans; the midpoints were higher for the Liberal Plan.

Results

The optimization model yielded a market basket—consisting of quantities of each of the 44 food categories—of the Low-Cost, Moderate-Cost, and Liberal Food Plans for each of the 12 age-gender groups. Each market basket met constraints for dietary standards, serving recommendations of the *Food Guide Pyramid*, and cost levels.

In the design of the three food plans, CNPP converted foods and quantities consumed into the appropriate corresponding form and quantity of purchasable foods. After obtaining quantities of food as consumed in the 44 food categories from the model output, CNPP converted the quantities to the equivalent amount of food ingredients that could be purchased and then collapsed them into a simplified group of 25 food categories. One of the simplifications consisted of disaggregating mixed foods into ingredients and allocating them to these 25 categories.

For each of the food plans, a 1-week market basket of 25 food categories (in pounds) was determined for each of the 12 age-gender groups (tables ES-1a, 1b, and 1c). These individual market baskets may be combined to form a household market basket.

Conclusions

The revised market baskets of the Low-Cost, Moderate-Cost, and Liberal Food Plans successfully incorporate recent dietary guidance and nutrient recommendations while keeping real-cost levels constant. The market baskets serve as a valuable framework for providing advice to households regarding nutritious food selection at various cost levels. Because most people have a diet that needs improvement, this revision of the market baskets is an important means of helping households eat more healthfully.

Table ES-1a. Market baskets of the Low-Cost Food Plan, pounds of food per week,¹ by age-gender group

Food category	Children (years)					Females	Males		Females	Males	Females	Males
	1	2	3-5	6-8	9-11	12-19	12-14	15-19	20-50	20-50	51+	51+
<i>Pounds per week</i>												
Grains												
Breads, yeast and quick	0.26	0.48	0.86	1.27	1.28	1.44	1.17	2.16	1.33	1.21	1.22	1.20
Breakfast cereals, cooked and ready to eat	0.45	0.46	0.63	0.46	0.66	0.40	1.44	0.30	0.35	0.16	0.52	0.80
Rice and pasta	0.25	0.16	0.33	1.05	0.88	1.37	1.20	0.56	1.15	2.74	0.50	0.97
Flours	0.15	0.22	0.31	0.33	0.56	0.53	0.49	1.09	0.48	0.45	0.46	0.48
Grain-based snacks and cookies	0.06	0.09	0.25	0.18	0.27	0.09	0.19	0.21	0.21	0.14	0.15	0.15
Total Grains	1.17	1.40	2.37	3.29	3.65	3.83	4.49	4.32	3.51	4.71	2.85	3.59
Vegetables												
Potato products	1.33	1.26	1.52	2.91	2.67	2.50	1.42	6.18	1.54	4.09	1.05	1.55
Dark-green and deep-yellow vegetables	0.79	0.49	0.28	0.30	0.77	1.26	0.76	0.16	0.48	0.33	0.80	0.77
Other vegetables	0.47	0.97	0.92	1.75	2.06	1.96	3.37	1.69	3.34	2.69	3.17	3.43
Total Vegetables	2.59	2.72	2.72	4.96	5.50	5.71	5.54	8.03	5.36	7.12	5.01	5.75
Fruits												
Citrus fruits, melons, berries, and juices	0.16	0.16	0.47	0.99	1.50	1.08	2.60	3.95	2.05	4.46	1.75	2.72
Noncitrus fruits and juices	1.62	1.68	1.44	2.04	2.42	0.83	2.30	0.95	1.88	1.14	2.63	2.85
Total Fruits	1.78	1.84	1.91	3.03	3.92	1.91	4.89	4.90	3.92	5.60	4.38	5.56
Milk products												
Whole milk, yogurt, and cream	7.83	6.81	2.38	1.78	1.96	1.57	1.44	1.75	1.27	1.79	1.10	1.35
Lower fat and skim milk and lowfat yogurt	0.00	0.00	3.99	4.32	4.64	8.15	8.16	9.03	5.05	4.35	5.30	4.98
Cheese	0.17	0.26	0.31	0.24	0.29	0.37	0.29	0.34	0.29	0.34	0.23	0.29
Milk drinks and milk desserts	0.18	0.25	0.52	0.58	0.36	0.26	0.87	0.29	0.23	0.37	0.33	0.35
Total Milk products	8.18	7.32	7.20	6.91	7.25	10.34	10.75	11.40	6.84	6.85	6.96	6.97
Meat/meat alternates												
Beef, pork, veal, lamb, and game	1.19	1.02	0.69	1.30	1.95	1.29	1.17	1.50	1.39	1.91	1.24	1.66
Chicken, turkey, and game birds	0.59	0.40	0.60	1.17	1.19	1.85	2.54	1.00	1.84	1.50	1.79	1.98
Fish and fish products	0.03	0.32	0.09	0.30	0.17	0.66	0.62	0.90	0.61	0.39	0.62	0.47
Bacon, sausages, and luncheon meats	0.12	0.21	0.35	0.15	0.24	0.28	0.49	0.31	0.24	0.42	0.27	0.38
Eggs and egg mixtures	0.18	0.11	0.35	0.40	0.55	0.47	0.33	0.52	0.49	0.36	0.30	0.50
Dry beans, lentils, peas, and nuts	0.15	0.22	0.67	0.27	0.28	0.20	0.26	1.03	0.31	0.76	0.35	0.48
Total Meat/meat alternates	2.26	2.28	2.75	3.60	4.38	4.75	5.41	5.25	4.87	5.34	4.57	5.47
Other foods												
Table fats, oils, and salad dressings	0.12	0.17	0.20	0.27	0.30	0.31	0.38	0.49	0.38	0.53	0.37	0.42
Gravies, sauces, condiments, spices, and salt	0.11	0.07	0.12	0.16	0.16	0.11	0.25	0.23	0.22	0.33	0.21	0.23
Coffee and tea	0.00	0.00	0.00	0.01	0.01	0.01	0.00	0.03	0.36	0.15	0.31	0.25
Fruit drinks, soft drinks, and ades	1.60	3.02	3.64	3.87	4.87	5.07	5.02	6.02	6.65	4.84	4.04	2.85
Sugars, sweets, and candies	0.37	0.22	0.53	0.33	0.55	0.28	0.36	0.37	0.39	0.32	0.45	0.42
Total Other foods	2.18	3.48	4.49	4.64	5.89	5.78	6.01	7.13	8.00	6.17	5.38	4.17

¹Food as purchased includes uncooked grain products; raw, canned, and frozen vegetables; fruit juice concentrates; dry beans and legumes; and meat with bones. Coffee and tea are in dried weight. Also, while fruit drinks, soft drinks, and ades may appear to be large in quantity for some adults, they typically translate to less than one 16-oz bottle of such drinks per day.

Table ES-1b. Market baskets of the Moderate-Cost Food Plan, pounds of food per week,¹ by age-gender group

Food category	Children (years)					Females	Males		Females	Males	Females	Males
	1	2	3-5	6-8	9-11	12-19	12-14	15-19	20-50	20-50	51+	51+
<i>Pounds per week</i>												
Grains												
Breads, yeast and quick	0.60	0.33	0.79	1.21	1.66	2.04	1.77	2.90	1.79	1.47	1.10	1.11
Breakfast cereals, cooked and ready to eat	0.70	0.72	0.76	0.54	0.33	0.36	0.70	0.35	0.28	0.26	0.47	0.72
Rice and pasta	0.24	0.15	0.54	1.24	1.00	1.03	0.46	1.00	0.94	2.64	0.74	1.41
Flours	0.12	0.07	0.21	0.52	0.58	0.52	1.09	0.59	0.59	0.57	0.46	0.54
Grain-based snacks and cookies	0.13	0.12	0.24	0.28	0.27	0.18	0.30	0.15	0.24	0.26	0.14	0.21
Total Grains	1.79	1.38	2.55	3.78	3.83	4.13	4.31	5.00	3.84	5.20	2.91	3.99
Vegetables												
Potato products	1.73	0.67	1.20	0.98	1.12	2.90	2.74	4.71	1.89	3.94	1.17	1.62
Dark-green and deep-yellow vegetables	0.44	0.79	0.25	1.29	1.40	0.60	0.22	0.47	0.70	0.56	1.04	1.05
Other vegetables	1.28	1.51	1.65	3.05	3.50	2.42	3.51	2.13	3.58	3.47	3.69	3.78
Total Vegetables	3.46	2.98	3.10	5.32	6.02	5.92	6.47	7.31	6.17	7.96	5.90	6.45
Fruits												
Citrus fruits, melons, berries, and juices	0.32	0.83	0.62	0.75	1.21	2.35	3.43	2.84	2.15	4.49	2.44	2.55
Noncitrus fruits and juices	1.72	2.65	1.81	3.24	2.38	1.29	1.44	1.44	2.86	1.82	3.16	3.44
Total Fruits	2.05	3.48	2.43	3.98	3.59	3.63	4.88	4.28	5.00	6.31	5.60	5.99
Milk products												
Whole milk, yogurt, and cream	8.07	8.09	3.57	1.70	2.04	1.58	2.26	2.20	1.31	1.74	1.19	1.52
Lower fat and skim milk and lowfat yogurt	0.00	0.00	3.37	5.10	5.31	9.79	8.95	9.06	5.32	4.57	5.68	5.12
Cheese	0.19	0.11	0.25	0.25	0.26	0.23	0.21	0.32	0.39	0.48	0.28	0.29
Milk drinks and milk desserts	0.25	0.30	0.72	0.77	0.49	0.34	0.46	0.55	0.32	0.41	0.34	0.29
Total Milk products	8.51	8.49	7.92	7.81	8.11	11.93	11.88	12.14	7.33	7.19	7.48	7.23
Meat/meat alternates												
Beef, pork, veal, lamb, and game	0.67	0.48	1.05	0.94	1.52	1.50	1.61	2.24	1.59	2.04	1.49	2.18
Chicken, turkey, and game birds	0.43	1.03	1.39	2.33	1.16	2.72	2.82	1.87	2.06	2.01	2.41	1.97
Fish and fish products	0.06	0.00	0.10	0.95	1.21	0.16	0.24	0.32	1.07	1.07	0.72	0.54
Bacon, sausages, and luncheon meats	0.47	0.57	0.29	0.30	0.30	0.43	0.32	0.51	0.19	0.50	0.20	0.33
Eggs and egg mixtures	0.79	0.84	0.25	0.37	0.47	0.59	0.24	0.26	0.53	0.27	0.40	0.45
Dry beans, lentils, peas, nuts	0.09	0.40	0.28	0.20	0.29	0.27	0.34	1.06	0.23	0.76	0.30	0.58
Total Meat/meat alternates	2.52	3.33	3.38	5.09	4.95	5.67	5.58	6.27	5.68	6.65	5.52	6.07
Other foods												
Table fats, oils and salad dressings	0.16	0.09	0.19	0.32	0.34	0.30	0.33	0.40	0.49	0.63	0.42	0.43
Gravies, sauces, condiments, spices, and salt	0.06	0.07	0.13	0.16	0.21	0.18	0.25	0.24	0.23	0.39	0.28	0.36
Coffee and tea	0.00	0.00	0.02	0.01	0.05	0.03	0.01	0.01	0.20	0.17	0.32	0.30
Fruit drinks, soft drinks, and ades	1.95	2.23	3.30	4.18	4.73	6.23	7.02	10.62	8.17	7.87	3.00	4.54
Sugars, sweets, and candies	0.30	0.24	0.46	0.46	0.81	0.38	0.48	0.39	0.53	0.49	0.47	0.43
Total Other foods	2.48	2.62	4.10	5.13	6.13	7.11	8.09	11.65	9.62	9.54	4.48	6.05

¹Food as purchased includes uncooked grain products; raw, canned, and frozen vegetables; fruit juice concentrates; dry beans and legumes; and meat with bones. Coffee and tea are in dried weight. Also, while fruit drinks, soft drinks, and ades may appear to be large in quantity for some adults, they typically translate to less than one 16-oz bottle of such drinks per day.

Table ES-1c. Market baskets of the Liberal Food Plan, pounds of food per week,¹ by age-gender group

Food Category	Children (years)					Females	Males		Females	Males	Females	Males
	1	2	3-5	6-8	9-11	12-19	12-14	15-19	20-50	20-50	51+	51+
<i>Pounds per week</i>												
Grains												
Breads, yeast and quick	0.26	0.46	0.81	1.32	2.11	1.64	2.21	2.04	1.99	1.59	1.48	1.33
Breakfast cereals, cooked and ready to eat	0.75	0.53	0.72	0.37	0.75	0.22	0.45	0.26	0.41	0.26	0.34	0.46
Rice and pasta	0.34	0.27	1.20	1.62	0.97	0.93	1.49	2.08	0.94	2.94	0.83	2.27
Flours	0.12	0.15	0.25	0.46	0.37	0.91	0.60	0.84	0.62	0.72	0.57	0.39
Grain-based snacks and cookies	0.09	0.11	0.23	0.14	0.17	0.14	0.26	0.21	0.18	0.21	0.16	0.15
Total Grains	1.56	1.52	3.21	3.91	4.38	3.84	5.01	5.44	4.14	5.72	3.36	4.61
Vegetables												
Potato products	1.08	1.08	1.25	1.48	1.30	3.26	2.04	5.20	1.68	4.72	1.41	2.36
Dark-green and deep-yellow vegetables	0.29	0.29	0.31	1.62	0.71	1.42	2.78	0.39	1.17	0.54	1.05	1.01
Other vegetables	1.71	2.85	1.79	2.99	4.33	2.12	2.98	2.90	4.00	3.46	4.42	3.85
Total Vegetables	3.07	4.22	3.36	6.08	6.34	6.80	7.80	8.49	6.85	8.71	6.89	7.22
Fruits												
Citrus fruits, melons, berries, and juices	0.53	0.55	0.72	1.50	1.04	0.99	1.31	0.87	1.74	1.24	3.19	2.32
Noncitrus fruits and juices	3.56	2.40	2.00	2.86	4.04	4.77	3.44	9.01	3.80	7.64	3.02	4.55
Total Fruits	4.09	2.95	2.72	4.36	5.08	5.76	4.75	9.87	5.54	8.88	6.21	6.87
Milk products												
Whole milk, yogurt, and cream	8.50	9.15	2.53	1.69	1.74	1.99	1.81	2.62	1.43	2.07	0.83	1.38
Lower fat and skim milk, and lowfat yogurt	0.00	0.00	4.89	6.22	5.10	10.68	10.12	10.85	6.21	5.69	6.84	5.45
Cheese	0.14	0.07	0.26	0.16	0.22	0.23	0.30	0.30	0.30	0.39	0.22	0.28
Milk drinks and milk desserts	0.53	0.21	0.64	0.94	1.27	0.49	0.77	0.29	0.39	0.34	0.26	0.37
Total Milk products	9.17	9.43	8.31	9.00	8.33	13.39	13.00	14.06	8.34	8.50	8.15	7.47
Meat/meat alternates												
Beef, pork, veal, lamb, and game	0.85	1.16	1.40	2.10	1.81	2.28	2.57	3.38	2.48	3.56	2.07	2.34
Chicken, turkey, and game birds	0.63	1.09	1.29	2.32	1.38	1.67	0.97	1.92	2.28	1.53	2.34	1.86
Fish and fish products	0.14	0.08	0.59	0.42	2.52	0.64	0.69	0.09	1.41	0.69	1.57	1.47
Bacon, sausages, and luncheon meats	0.19	0.17	0.17	0.25	0.37	0.56	0.40	0.80	0.20	0.60	0.19	0.37
Eggs and egg mixtures	1.54	1.13	0.69	0.24	0.25	0.55	0.46	0.38	0.49	0.23	0.58	0.41
Dry beans, lentils, peas, and nuts	0.03	0.11	0.27	0.15	0.27	0.17	0.34	0.70	0.36	0.63	0.23	0.45
Total Meat/meat alternates	3.38	3.73	4.41	5.47	6.62	5.87	5.42	7.26	7.23	7.23	6.98	6.90
Other foods												
Table fats, oils, and salad dressings	0.16	0.12	0.28	0.23	0.33	0.27	0.34	0.59	0.43	0.62	0.50	0.57
Gravies, sauces, condiments, spices, and salt	0.12	0.07	0.14	0.17	0.18	0.22	0.30	0.26	0.29	0.37	0.30	0.39
Coffee and tea	0.00	0.00	0.01	0.01	0.01	0.01	0.00	0.02	0.17	0.12	0.17	0.20
Fruit drinks, soft drinks, and ades	1.72	2.01	3.82	2.63	4.66	4.55	5.86	5.71	7.22	4.29	3.10	2.96
Sugars, sweets, and candies	0.13	0.46	0.50	0.53	0.43	0.30	0.56	0.41	0.56	0.41	0.35	0.39
Total Other foods	2.13	2.66	4.75	3.56	5.62	5.34	7.06	7.00	8.67	5.81	4.43	4.51

¹Food as purchased includes uncooked grain products; raw, canned, and frozen vegetables; fruit juice concentrates; dry beans and legumes; and meat with bones. Coffee and tea are in dried weight. Also, while fruit drinks, soft drinks, and ades may appear to be large in quantity for some adults, they typically translate to less than one 16-oz bottle of such drinks per day.